

# Fitness Classes: Schedule January-March 2020

<b>Advanced Tai Chi Monday 11:30 am - 12:30 pm</b>	<b>Yoga Monday 12:45 pm - 2:00 pm</b>	<b>Yoga Wednesday 11:30am-12:45 pm</b>	<b>Meditation Wednesday 12:45 pm -2:00 pm</b>	<b>Line Dance Thursday 1:15 pm -2:15 pm</b>
January 6	January 6	January 8	January 8	January 9
January 13	January 13	January 15	January 15	January 16
January 20: No Class	January 20: No Class	January 22	January 22	January 23
January 27	January 27	January 28	January 28	January 30: No Class
February 3	February 3	February 5	February 5	February 6
February 10	February 10	February 12	February 12	February 13
February 17	February 17: No Class	February 19	February 19	February 20
February 24	February 24	February 26	February 26	February 27
March 2	March 2	March 4	March 4	March 5
March 9	March 9	March 11	March 11	March 12
March 16	March 16			March 19
	March 23			

**Urbana 50+ Community Center**  
**Offering fitness, enrichment & social opportunities for ages 50 & older**  
**301-600-7020**  
**9020 Amelung Street, Urbana, MD 21704**

Updates will be posted on our Facebook page: [Urbana Senior Center - Frederick County, MD](#)  
[UrbanaSeniorCenter@FrederickCountyMD.gov](mailto:UrbanaSeniorCenter@FrederickCountyMD.gov)  
[www.FrederickCountyMD.gov/seniorservices](http://www.FrederickCountyMD.gov/seniorservices)